



Communities That Care

Key Leader Orientation

The Research
Foundation

Participant's Guide

Module 2

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Module 2 goal

Communities That Care

Provide an overview of the *Communities That Care* research foundation.



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Objectives

1. Describe the research foundation of the *Communities That Care* system.
2. Explain how the prevention-science research base helps build positive futures for youth and prevent problem behaviors.

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The research foundation



- The Social Development Strategy
- The public health approach
- Research-based predictors of problem behaviors and positive youth outcomes—risk and protective factors
- Tested, effective prevention strategies

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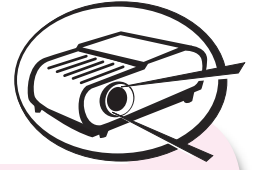


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The Social Development Strategy

A research-based model that organizes known protective factors into a guiding framework for building positive futures for children

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Prevention-science research base

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- The Social Development Strategy
- The public health approach



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The public health approach

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The public health approach

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- Based on research on predictors of health problems
- Modifies predictors to prevent behavior problems
- Can affect the entire social environment
- Works through collaboration
- Can create long-lasting results



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Prevention-science research base



- The Social Development Strategy
- The public health approach
- Research-based predictors of problem behaviors and positive youth outcomes—risk and protective factors



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Predictors of problem behaviors and positive youth outcomes

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Risk factors

Research has identified risk factors in four domains:

Risk factors are predictive of higher levels of adolescent substance abuse, delinquency, teen pregnancy, school drop-out and violence.



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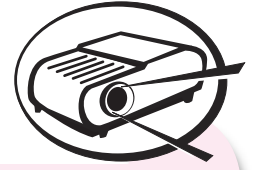
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Risk factors

Communities That Care

- Research-based
- Predictive in multiple longitudinal studies
- Present in all areas of influence
- Predictive of multiple problem behaviors
- Present throughout development
- Work similarly across racial lines
- Measurable
- Buffered by protective factors

Notes



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Community risk factors	Adolescent problem behaviors				
	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
Availability of Drugs	✓				✓
Availability of Firearms		✓			✓
Community Laws and Norms Favorable toward Drug Use, Firearms and Crime	✓	✓			✓
Media Portrayals of Violence					✓
Transitions and Mobility	✓	✓		✓	
Low Neighborhood Attachment and Community Disorganization	✓	✓			✓
Extreme Economic Deprivation	✓	✓	✓	✓	✓

Notes



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Family risk factors

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Adolescent problem behaviors

Substance Abuse
Delinquency
Teen Pregnancy
School Drop-Out
Violence

Family History of the Problem Behavior	✓	✓	✓	✓	✓
Family Management Problems	✓	✓	✓	✓	✓
Family Conflict	✓	✓	✓	✓	✓
Favorable Parental Attitudes and Involvement in the Problem Behavior	✓	✓			✓

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School risk factors

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Adolescent problem behaviors

Substance Abuse
Delinquency
Teen Pregnancy
School Drop-Out
Violence

Academic Failure Beginning in Late Elementary School	✓	✓	✓	✓	✓
Lack of Commitment to School	✓	✓	✓	✓	✓



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Peer and individual risk factors

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Adolescent Problem Behaviors

Substance Abuse
Delinquency
Teen Pregnancy
School Drop-Out
Violence

Adolescent Problem Behaviors	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
Early and Persistent Antisocial Behavior	✓	✓	✓	✓	✓
Rebelliousness	✓	✓		✓	
Friends who Engage in the Problem Behavior	✓	✓	✓	✓	✓
Gang Involvement	✓	✓			✓
Favorable Attitudes toward the Problem Behavior	✓	✓	✓	✓	
Early Initiation of the Problem Behavior	✓	✓	✓	✓	✓
Constitutional Factors	✓	✓			✓

Notes

Risk factors for adolescent problem behaviors

Risk Factors

Adolescent Problem Behaviors

Community

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
Availability of Drugs	1				1
Availability of Firearms		1			1
Community Laws and Norms Favorable toward Drug Use, Firearms and Crime	1	1			1
Media Portrayals of Violence					1
Transitions and Mobility	1	1		1	
Low Neighborhood Attachment and Community Disorganization	1	1			1
Extreme Economic Deprivation	1	1	1	1	1

Family

Family History of the Problem Behavior	1	1	1	1	1
Family Management Problems	1	1	1	1	1
Family Conflict	1	1	1	1	1
Favorable Parental Attitudes and Involvement in the Problem Behavior	1	1			1

School

Academic Failure Beginning in Late Elementary School	1	1	1	1	1
Lack of Commitment to School	1	1	1	1	1

Peer and Individual

Early and Persistent Antisocial Behavior	1	1	1	1	1
Rebelliousness	1	1		1	
Friends Who Engage in the Problem Behavior	1	1	1	1	1
Gang Involvement	1	1			1
Favorable Attitudes toward the Problem Behavior	1	1	1	1	
Early Initiation of the Problem Behavior	1	1	1	1	1
Constitutional Factors	1	1			1



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Predictors of problem behaviors and positive youth outcomes

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Protective factors

Research has identified
protective factors in
four domains:

Protective factors
buffer young people's
exposure to risk.



Notes

Protective factors

Communities That Care

- Research-based
- Present in all areas of influence
- Measurable
- Predictive of positive youth development
- Present throughout development
- Buffer effects of risk exposure



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Notes



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Protective factors

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- Individual factors
 - High intelligence
 - Resilient temperament
 - Prosocial orientation
 - Competencies and skills
- Prosocial opportunities
- Reinforcement for prosocial involvement
- Bonding
- Healthy beliefs and clear standards

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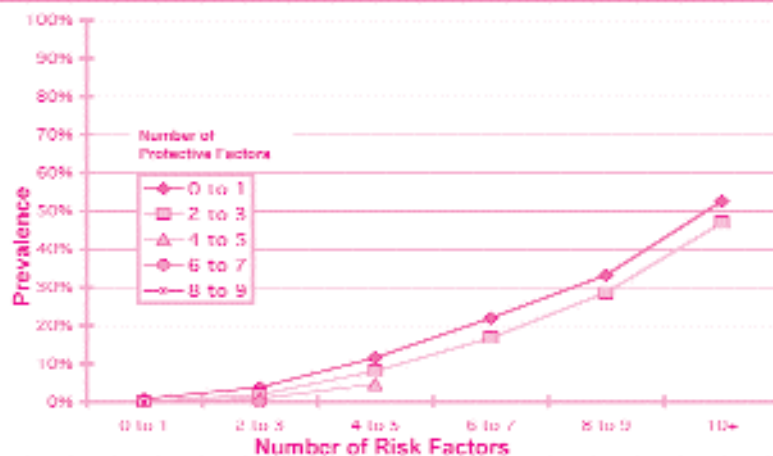
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Association of risk- and protective-factor levels with marijuana use (past 30 days)

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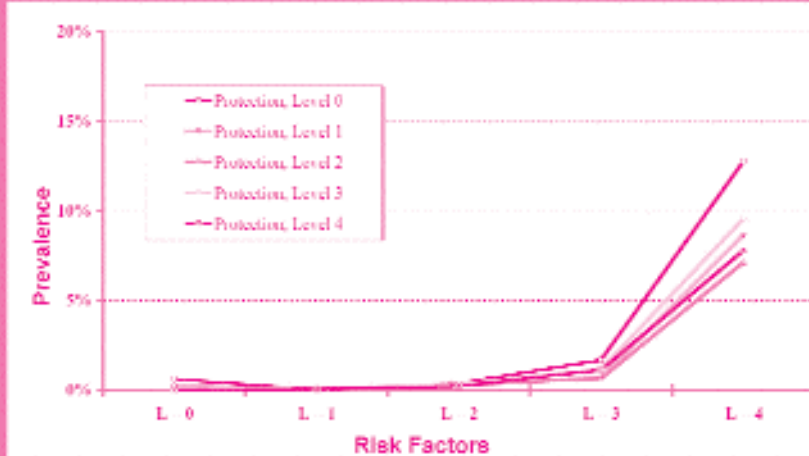


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Association of risk- and protective-factor levels with taking a gun to school (past year)



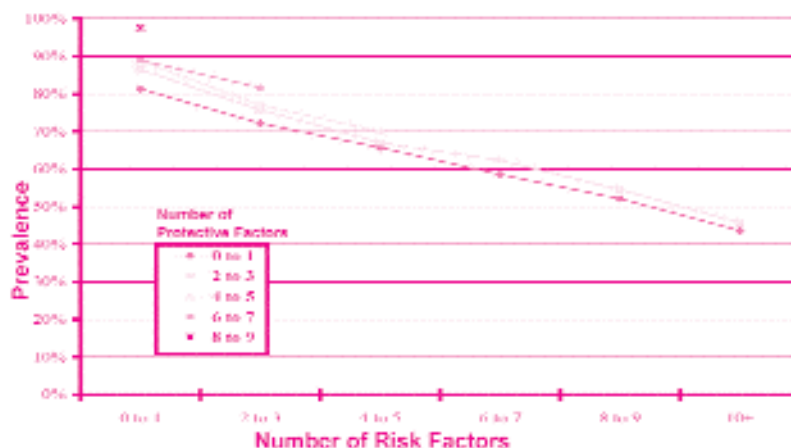
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Association of risk- and protective-factor levels with academic success (past year)

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Notes

What research has shown about risk and protective factors

- Risk and protective factors exist in all areas of children's lives.
- The more risk factors present, the greater the chances of problem behavior.
- Risk and protective factors can be present throughout development.
- Risk factors are buffered by protective factors.



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What research has shown about risk and protective factors

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- Common risk and protective factors predict diverse behavior problems.
- Risk and protective factors work similarly across racial lines.
- Both risk and protective factors should be used in prevention efforts.

Notes

Prevention-science research base

Communities That Care

- The Social Development Strategy
- The public health approach
- Research-based predictors of problem behaviors and positive youth outcomes—risk and protective factors
- Tested, effective prevention strategies



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Tested, effective prevention strategies

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Programs, policies or practices that have demonstrated effectiveness in:

- Reducing specific risk factors and enhancing protective factors
- Enhancing positive behaviors and reducing negative behaviors

Notes

Effective prevention strategies

- Project STAR
- Adolescent Alcohol Prevention Trial
- Preparing for the Drug-Free Years®
(Now called Families That Care: Guiding Good Choices™)
- Adolescents Training and Learning to Avoid Steroids:
The ATLAS Program
- Project Family
- Strengthening Families Program
- Focus on Families
- Reconnecting Youth
- Adolescent Transitions Program
(National Institute on Drug Abuse, 1997)

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Prevention Strategies:

A Research Guide
to What Works

Notes

What works in prevention?

1. Assessing community levels of risk and protection
2. Prioritizing elevated risks and depressed protective factors
3. Including individuals and groups exposed to the highest levels of risk and the lowest levels of protection

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What works in prevention?

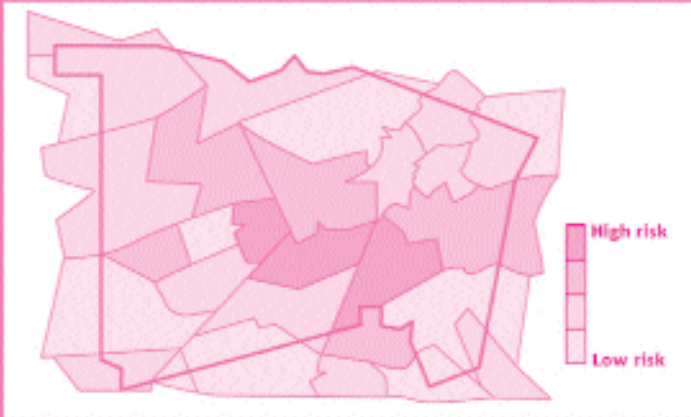
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4. Matching tested, effective programs to the community's risk and protection profile
5. Selecting tested, effective programs that address the racial, economic and cultural characteristics of the community
6. Implementing chosen programs, policies and practices with fidelity and intensity at the appropriate ages

Notes

Different communities, different strategies

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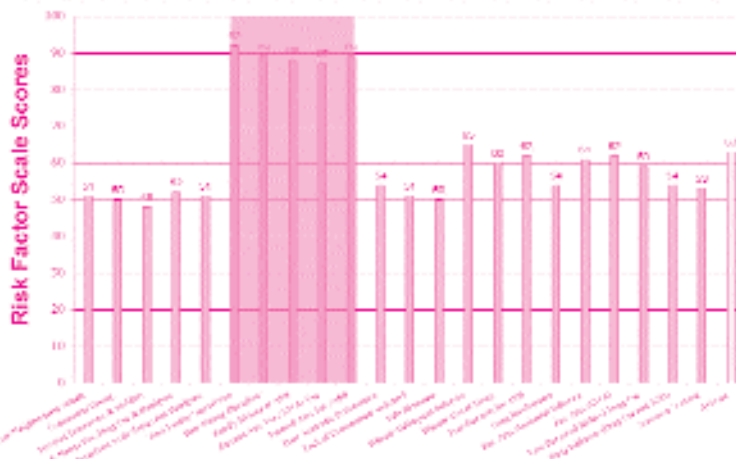
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Risk profile: Neighborhood #1

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Family domain

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Risk factor addressed	Program strategy	Healthy beliefs/ clear standards	Protective factors				Developmental period
			Confidence	Opportunities	Skills	Recognition	
Family history of the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
Family management problems	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Early childhood education	✓	✓	✓	✓	✓	3-5
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	8-14
	Marital therapy	✓	✓	✓	✓	✓	Prenatal
Family conflict	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	8-14
	Marital therapy	✓	✓	✓	✓	✓	Prenatal
Favorable parental attitudes and involvement in the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Community/ school policies	✓	✓	✓	✓	✓	All

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Tested, effective prevention strategies:

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Prenatal and infancy programs

- Nurse-Family Partnership™
(Olds et al., 1990; Olds & Kitzman, 1993; Olds et al., 1998)
- Syracuse Family Development Research Program
(Lally, Mangione & Honig, 1988)
- Infant Health and Development Program
(Ramsey, 1990; Ramsey et al., 1992; Law et al., 1995)
- Keys to Caregiving videotape series
(Reynolds et al., 1988)



Notes

Family domain

Communities That Care

Risk factor addressed	Program strategy	Healthy beliefs/ clear standards	Protective factors				Developmental period
			Bonding	Opportunities	Skills	Recognition	
Family history of the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
Family management problems	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Early childhood education	✓	✓	✓	✓	✓	3-5
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	8-14
	Marital therapy	✓	✓	✓	✓	✓	Prenatal
Family conflict	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	8-14
	Marital therapy	✓	✓	✓	✓	✓	Prenatal
Favorable parental attitudes and involvement in the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Community/school policies	✓	✓	✓	✓	✓	All

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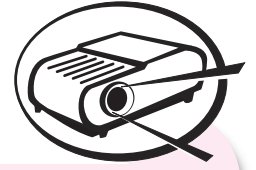
Tested, effective prevention strategies:

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Parent training

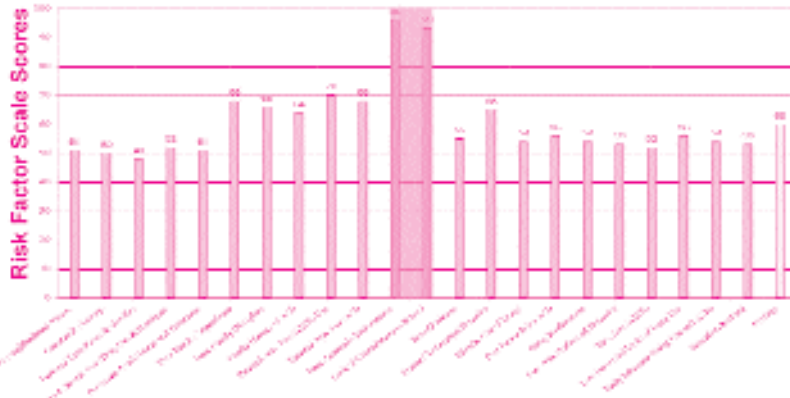
- Families That Care: Guiding Good Choices™
(Catalano et al., 1998)
- Preparing for School Success™
(Hawkins et al., 1999)
- Iowa Strengthening Families Program
(Spoth et al., 1998, 1999, 2001)

Notes



Risk profile: Neighborhood #2

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School domain					Communities That Care		
Risk factor addressed	Program strategy	Healthy beliefs/ clear standards	Protective factors				Developmental period
			Bonding	Opportunities	Skill	Recognition	
Academic failure beginning in late elementary school	Parent/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Early childhood education	✓	✓	✓	✓	✓	3-5
	Parent training	✓	✓	✓	✓	✓	Prenatal-10
	Organizational change in schools	✓	✓	✓	✓	✓	6-18
	Classroom organization, management and instructional strategies	✓	✓	✓	✓	✓	8-18
	Classroom curricula for social competence	✓	✓	✓	✓	✓	8-14
	School behavior management strategies	✓		✓		✓	6-14
	Youth employment with education	✓	✓	✓	✓	✓	15-21

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Tested, effective prevention strategies:

Classroom curricula for social competence

- Reconnecting Youth
(Lippert et al., 1994)
- Children of Divorce Intervention Program
(Pedro Carroll & Cowen, 1986; Pedro Carroll et al., 1996, 1992)



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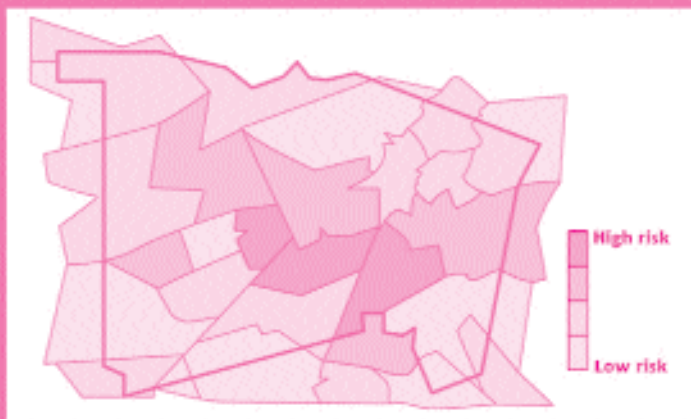
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Different communities, different strategies

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Notes

What works in prevention?

1. Assessing community levels of risk and protection
2. Prioritizing elevated risks and depressed protective factors
3. Including individuals and groups exposed to the highest levels of risk and the lowest levels of protection

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What works in prevention?

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4. Matching tested, effective programs to the community's risk and protection profile
5. Selecting tested, effective programs that address the racial, economic and cultural characteristics of the community
6. Implementing chosen programs, policies and practices with fidelity and intensity at the appropriate ages

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Module 2



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